THE GREAT PAYMASTER.

A WORD OF CAUTION!

BEFORE you read this book we ask you carefully to consider the statements on this page. Here, in as few words as possible, we want to warn you against imitations and substitutes for Mother Seigel's Syrup.

There are many of them now before the public. Some take the form of fictitious recipes which are quite valueless, and others are bare-faced imitations of the genuine article, designed to sell at a huge profit.

What we ask you to remember is that Mother Seigel's Syrup enjoys a world-wide reputation. It has been in use for over forty years, and during that period, tens of thousands of people have voluntarily stated that it does banish stomach and liver troubles, and restores the digestive organs to healthy activity.

PUBLIC HOLIDAYS, 1914.

ENGLAND.	
Good Friday	April 10th
Easter Monday	April 13th
Whit. Monday	June 1st
Aug. Bank Holiday	Aug. 3rd
Christmas Day	Dec. 25th
Boxing Day	Dec. 26th
SCOTLAND.	
New Year's Day	Jan. 1st
Good Friday	April 10th
Bank Holiday	May 4th
,, ,,	Aug. 3rd
Christmas Day	Dec. 25th

There are also special holidays in the principal cities and towns.

What imitation can show such a record? What cheaply-prepared shoddy substitute has received such unsolicited testimony to its continued curative value as Mother Seigel's Syrup? Such a one does not exist.

If you read this book, and are convinced that Mother Seigel's Syrup is worth a trial, you will make a great mistake in accepting any substitute or recipe that is offered to you. There is only one Mother Seigel's Syrup, only one true formula for it, known only to the proprietors, Messrs. A. J. White, Ltd., 35, Farringdon Road, London, E.C.

These recipes and imitations *do not* contain the same ingredients, for Mother Seigel's Syrup is compounded from more than ten distinct varieties of roots, barks and leaves, and these, when blended together, cannot be discovered by analysis, or again separated each into their different kinds. Eminent analysts admit that it is impossible to discover by analysis the actual composition of such a complex mixture of vegetable extracts as Mother Seigel's Syrup.

The best of them can detect the presence of a few of the ingredients, and that is all they can do—but, you should note, the result does not tell them, or anybody else, what Mother Seigel's Syrup is really composed of. Your best plan, when you ask for Mother Seigel's Syrup, is to insist upon having the genuine article. Say "I want Mother Seigel's Syrup," and say it firmly.

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We are Debtors to all the World.

"One Half the World Knoweth Not How the Other Half Liveth."

DO you realise it? Have you ever thought how many of the comforts, luxuries, and even necessities of our everyday life come to us, from lands and people you have never seen, thousands of miles away from our shores? It is so. In a very real sense we are, all of us, in debt to the whole wide world. That refreshing cup of tea, for example, you could get along without it, of course, but life would not be quite the same. Yet, as we have explained to you on a later page, we owe this luxury to the enterprise and labour of men and women working in sunny lands far beyond the seas. So it is with a vast number of luxuries and necessities of modern life.

In the following pages of this book you will find much that is both interesting and instructive in regard to many things which are in everyday use in your own home. There is also much good advice here for you, much that will profit you in many ways. As you read each article, try to realise for yourself some of the wonders we describe; then ask your children or your friends how much they know about tea, or coffee, or cocoa, tobacco, bread, meat, and so on, and sure enough you will find them interested in the facts set out on the pages that follow.

Further, it is good for us sometimes to look around and observe things, and think about them for ourselves. As a matter of fact, such are the opportunities now placed before us in this wonderful age of science and invention, that we can, if we will only try, get a bird's-eye view of the world's activities and its peoples. After all it is a very good place to live in, is this old world. And we have got to live in it, and work in it, willy-nilly, so let us make the best of things as we jog along through life.

If this book helps you to realise the folly of neglecting your health, if it gives you some idea of the way in which John Bull, the world's great paymaster, is earning gold himself and paying it out to the nations who clamour for his custom, then we shall be satisfied, and so will you. Don't, of course, imagine that John Bull does all the paying for nothing. Oh no, we are not so silly as some folks make out! We pay for goods delivered, and as one of the most energetic races on the globe, we in turn are paid by other people for the goods that we send to them. When you buy a pound of tea you are paying for the labour of men in the sun-steeped tropics. When, on the other hand, the Lancashire mill girl receives her weekly wages, the money in her hand represents

Wellcome Library

not only the reward of her skill, but money paid to her master by people abroad for the goods she has helped to make.

As you read this book you cannot fail to note how much we are dependent upon others. Indeed, though few of us realise it, most of the things that go to make up the sum total of our daily life are the result of the thought, experience, research, and labour of others in this and previous generations. Every day of your life, you are unconsciously influenced by other people to do a thing in a given way, or to act in a manner which their experience has shown to be the best. In that way do we avoid making serious mistakes.

Apply this well-known fact to the choice of a family remedy for the every-day ills that most of us can't escape at one time or another, and you will appreciate the significance of the voluntary testimony to the curative value of Mother Seigel's Syrup contained in this book. Hundreds of people who write to us expressing their gratitude for the health benefits they have received tell us that if they had followed the advice of friends and taken Mother Seigel's Syrup in the early stages of their illness they would have escaped much suffering and expense. It is so, for the worst thing you can do is to keep on putting off the time when you will drive indigestion or liver trouble from your system. It is surely reasonable to expect that since this old and world-famous remedy has benefited tens of thousands it can also benefit you.

On page twenty-one we explain in simple language the value and uses of various articles of food in everyday use: what food can do for you in the way of building up your body and supplying you with energy and heat, so that you can do your work and combat the perils of disease. Read this book carefully, page by page, and you will agree that truth is still stranger than fiction, that this age is an imperishable monument to Man's dauntless enterprise, his courage, and his fortitude.

A WOMAN WORKER'S TESTIMONY.

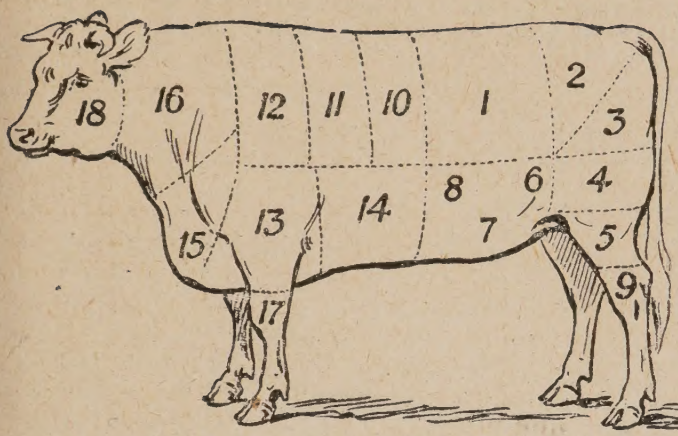
Miss E. Emmerson, of 97, Manor Road, Luton, Beds., writes on June 20th, 1913:—

"I used to work long hours, as a paper bag maker, and my strength gradually declined until I became so weak that I was obliged to give up working altogether and stay idly at home. Then sometimes I would work for a whole week without losing an hour; and then would come a bad spell, and on Saturday I would have no more than one or two days' pay to take.

"I was very pale and thin, and it seemed as though all the strength had gone out of me. It was one of your newspaper advertisements, describing a case very much like my own which had been cured by Mother Seigel's Syrup, which first made us think of trying that medicine.

"The Syrup so greatly improved my appetite and I felt so much better for it, that I continued to take two small bottles a week for about six months—much longer than was necessary, for I was perfectly well long before that and have remained so ever since.

"Since my illness I have learned what is practically another trade, and am forewoman of a workroom in a factory at a great distance from my home and relations."



A Twelve—Thousand Mile Journey to your Dinner.

Where our Beef and Mutton come from.

How Beef is cut up—1, Sirloin; 2, Rump; 3, Aitchbone; 4, Buttock; 5, Mouse Buttock; 6, Veiny parts; 7, Thick Flank; 8, Thin Flank; 9, Shin; 10, Fore Ribs; 11, Middle Ribs; 12, Chuck Ribs; 13, Leg of Mutton Piece; 14, Brisket; 15, Clod; 16, Neck; 17, Shin; 18, Cheek.

Why is the flesh of the ox called "beef," of sheep called "mutton," of the calf, "veal"? These names tell you something of English history, for cow, sheep, and calf are Anglo-Saxon words. But after England was conquered by the Normans in 1066, their nobles and lords began to name different meats by their French names.

Thus beef is from the French word "boeuf," meaning ox; mutton is from the French "mouton," a sheep; and veal comes from the French "veau," meaning calf.

Now let us turn to some interesting facts about our meat supply.

Fertile countries like Australia, New Zealand, Canada, and Argentina are sending us ever-increasing supplies of meat.

It is forwarded to us in a fresh and highly-nutritive condition through the help of refrigerators, in which the meat is chilled or frozen, and so saved from the process of decay.

Chilled and frozen meat are not the same, though many people think they are. Chilled meat is kept at a low and even temperature above freezing point until its arrival in this country, where it fetches a higher price than meat that has actually been frozen, because the natural juices and the flavour are not lost before or during cooking.

On the other hand, the quality of frozen meat suffers in thawing, which explains why it is sometimes flabby and almost tasteless.

Frozen meat is a puzzle to some people, who cannot understand why meat killed at the other end of the world can be served fresh and sweet on the English table. Yet the process is surprisingly simple.

Decay is a product of a germ, which can be arrested, or as it were, put to sleep by extreme cold. This explains another fact—that frozen meat, when thawed, will not keep as long as freshly-killed meat. The germs at once awaken into activity, and unless they are killed by prompt cooking, your meat is likely to be tainted or poor in flavour.

Almost unlimited supplies from foreign and colonial sources, and the absence of tariffs, have made meat cheap in the United Kingdom. The price of meat varies a good deal in all parts of the world. Where the production is very high, and the climate hot, as in India, a leg of mutton can be bought for a few pence. Mutton is also very cheap in Australia and New Zealand, where good chops are often on sale at from 2d. to 4d. a pound.

But it must not be imagined that English beef and mutton is being driven out of the markets. You will perhaps be surprised to learn that more than one-half of the total supply of meat is produced at home. The exact figures are 24,631,000 cwts., as against 21,760,000 cwts. from foreign and Colonial sources.

These figures give a total of 46,391,000 cwts., which works out at 115.2 lbs. per head of the population. Or, look at it in another way, and you get 61.2 lbs. of home produce per head, and 54.0 lbs. of foreign and colonial meat per head.

The annual value of all the beef coming to us from abroad now amounts to nearly £17,000,00, and of all the mutton, £10,000,000. In one year our bill for imported meat, including pork, poultry, rabbits, etc., costs us over £49,000,000.

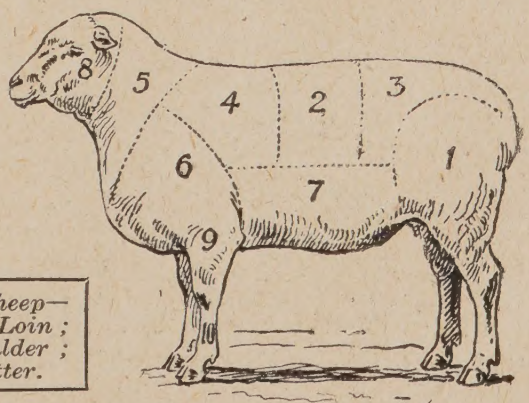


Diagram showing mode of cutting up a sheep—1, Leg; 2, Loin; 3, Chump end of Loin; 4, Neck (best end); 5 Scrag; 6 Shoulder; 7, Breast; 8, Head; 9, Shank; 10, Trotter.

THE MAIN-SPRING OF HEALTH

IS

WELL-DIGESTED FOOD.

WHY? Why is it that men and women can't be healthy unless the food they eat is well digested? Why is it that with a plentiful supply of food, good food too, a man can starve just as surely as if he had no food at all? And, further, why is it that after a good square meal, not only may you derive little or no benefit from food, but that food may be positively harmful to your health? These are questions the answers to which are of vital importance to every reader of this book.

We pay hard-earned money for food. Most of us, in fact, spend our lives slaving for food and raiment, hence it is only fair to ourselves that we should get the best value possible out of the food we eat. Let us consider the first question—that men and women can't be healthy unless the food they eat is well digested. It is a strong statement to make, but a very true one nevertheless. For the food you eat is intended to rebuild and replace the wear and tear that is daily, hourly, going on in your body.

Let us illustrate the point. A builder takes his bricks, works to the design of an architect, and out of their combined efforts arises a glorious cathedral. In a somewhat similar way you may say that food is the bricks and the straw for rebuilding and repairing that most marvellous of Nature's works—the body of man. Good food, well digested, renews bone, muscle and tissue, and makes a man healthy and strong. Good food, badly digested, doesn't nourish your body as it should and consequently there is a weakening of muscular fibre, nervous tissue, and impoverished blood. Then you are in a poor state of health, a victim of the many symptoms that have their origin in bad digestion.

But that is not all. Your food may be the best that money can buy. It may be provided for you in rich and tempting profusion, or be just simple homely fare. But unless you can digest and assimilate it, your food may prove positively harmful to your health.

Every time you eat food it should, as it passes through the system, give up its nourishment to enrich the blood and repair and build up the whole bodily system. But that is only possible when your digestion is quite satisfactory. In the case of indigestion the food ferments in the intestines, gives off harmful products, some of which most certainly find their way into the blood, and are thus carried to all parts of the system. That is the reason why food can sometimes be worse than useless.

What we strongly advise you to do whenever indigestion threatens to endanger your health, is to try Mother Seigel's Syrup. Its success in banishing stomach and liver troubles has been proved time and again beyond all doubt. Its remarkable efficacy depends, not upon any one ingredient, but upon many herbal extracts, which in combination exert a wonderfully curative and strengthening influence upon the stomach, liver, and bowels. Try it, for your health's sake.

YOUR DAILY BREAD.

The wonderful story of a Grain of Wheat.

If, when you put your hand on a loaf of bread, you could picture its life-history back from your table to the broad, waving, wheatfields, you would see many very interesting things.

You would watch the farmer, perhaps in a remote part of Western Canada, sowing his fields with wheat. You would see him, later in the year, reaping his golden harvest of grain, threshing it, and selling it to the agents.

You would follow the grain on a two or three thousand-mile journey to the sea, would see it loaded into huge ocean-going ships, and later sold in England to the millers.

These men would grind and roll the wheat to flour, with the help of weird-looking machinery. Then the baker would come upon the scene, buy some of the flour, knead it into dough, and bake your loaf.

The next day it is on your table, crisp and brown, a commonplace object enough, a thing you never trouble about except at meal times, and then only because it is good to eat. But, really, the story of a loaf is one of the most wonderful things the world can show.

Every year the United Kingdom uses 149 million cwts. of wheat. Thirty million cwts. are home-grown; 53 millions come from the Colonies; and 66 millions from foreign countries. To meet the demands of the whole world for wheat, 1,700 million cwts. have to be grown every year.

Bread in this country is made from the flour of wheat, which may have been grown in England, Canada, Russia, Hungary, Argentina, Australia, or the United States.

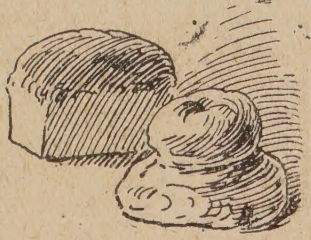
But good bread can also be made from the flour of oats, barley, maize, rice, and millet. The so-called "black bread" of Germany is made from the flour of rye.

Most countries nowadays grow wheat for the making of flour; and the cultivation of cereals, the name given to all grasses which provide grain for food, is spreading to Japan and China, where for centuries rice has been the staple article of diet.

The milling of wheat has been brought to such a pitch of perfection that we can now buy flour in many grades. There are, for instance, "wholemeal," "80 per cent.," "Patent," "Household," and "Germ" flours.

Which you should use in order to get the best value for your money is largely a matter of choice, but it is well to remember that the darker the flour, the more do you get of the original wheat grain, with the bran or husk.

Even then you should not forget that flour is sometimes bleached and chemically treated, in order to make it white and nice to the eye. An eminent expert, who reported upon flours to the Government, recommends a reliable "Household" flour as being safe to buy and rich in nutriment.



Bread is made in many forms in different countries. It may be made from wheaten flour raised by yeast, which is the most common method.

"Aerated" bread is produced with the help of baking powders containing chemicals.

In Scotland "scones" and "bannocks" are baked from unleavened dough, and the Australians have a similar cake called a "damper." Our Canadian cousins also make tasty "Johnnie" cakes from maize meal.

"I NOW ENJOY GOOD HEALTH."

Indigestion—Sickness—Stomach Pains,

YIELD TO

MOTHER SEIGEL'S SYRUP.

MOTHER SEIGEL'S SYRUP, when taken according to the directions, does assist the stomach, liver, and bowels, to regain their normal healthy action. The letter appearing below proves it, and at the same time clearly shows how indigestion can make the life of any man or woman miserable. It will well repay you never to neglect any symptoms of stomach or liver troubles, not even for a single day. When you are ill, complete recovery must be a matter of time, even with such an excellent remedy as Mother Seigel's Syrup. So the longer you suffer, the longer will it take to bring you back to a state of good health. Even people who are well and strong find it very beneficial to take a dose of Mother Seigel's Syrup now and again, as a safeguard against stomach, liver and bowel trouble.

Just note how Mrs. Merrin's distressing symptoms speedily disappeared as she continued to take the Syrup. Writing on November 5th, 1913, from 87, Blackshaw Road, Lower Tooting, S.W., she says:—

"It was towards the close of the year 1910 that my usual good health gave way and I became subject to acute indigestion, so severe that it was no uncommon thing for me to be kept awake all night. I paced the room in agony. I was quite unable to digest food, which would lie at my chest like lead, producing dreadful pain there and between my shoulders, lasting for hours at a time.

"Often, too, I would vomit violently, though I had eaten nothing unusual that would account for it. On such occasions there was also severe stomach pain. Various remedies were tried, but my first relief was due to Mother Seigel's Syrup. Six doses of that medicine caused my pains to be less frequent and less severe, while three small bottles proved sufficient for my complete cure. I now eat ordinary food without fear of any ill consequence and enjoy good health—thanks to Mother Seigel's Syrup."

Six doses of Mother Seigel's Syrup brought relief to Mrs. Merrin, but she had the wisdom to give the remedy a fair trial, and she had her reward. If she had taken a dose of Mother Seigel's Syrup now and again she might have gained no more than temporary relief. But perseverance was necessary in her case, and she went about matters in the right way by taking the Syrup regularly after meals, and in a few weeks she was her old cheerful self.

Where indigestion is of long standing, where it has been neglected to the point of breaking up your health, it would not be common-sense to expect Mother Seigel's Syrup or anything else to restore you almost at once. You must give it a fair trial, and persevere with it. But in cases where the trouble is merely temporary, you can confidently look to Mother Seigel's Syrup to give you relief promptly. We have lots of letters from people who tell us, "I felt better after the first dose or two." You try it and see for yourself!

Giant Beer Vats.

How — Beer is Made.

Hop Oast—for Drying.

Lots of people seem to have a hazy idea that beer is somehow made from hops, malt, and water, but the " how " of it is for them a mystery locked within the great walls of the breweries.

The raw materials of the brewing industry are barley, hops, and water. Hops give the bitter taste to beer, and according to the quantity used do we get " mild " or " bitter " beers.

Barley is turned into malt. This is done by piling it up on the floors of a dark room, sprinkling water over it, and keeping the temperature even until sprouting takes place. The next step is to dry the barley in a kiln. Here the sprouts drop off, and are removed. The barley has now become malt.

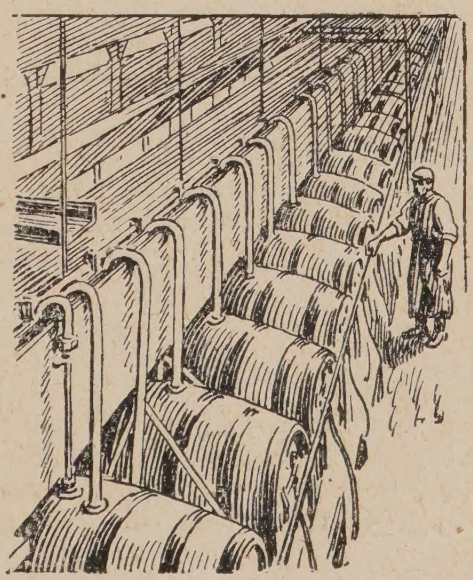
THE SPECIAL USE OF MALT.—Malt is the most valuable ingredient of beer, and contains far more sugar than in its natural state as barley, and this sugar is necessary to form the alcohol of beer.

LIGHT AND DARK BEERS.—The colour of the beer is determined by the length of time the malt is dried. When malt is dried for a very short time, we get a light beer often—called pale ale—for a longer time, a dark beer, and if the malt is allowed to dry until it turns brown, the resulting liquid will be stout. " Porter " is a weaker form of stout.

When the malt is quite dry, it is ground to powder and mixed with water. This water dissolves out all the sugar. The next step in the process is to draw off the sweet liquid into pans and boil it with the hops.

Yeast is therefore added to the beer in order to bring about fermentation, the process that gives life and sparkle to all beers, and also forms the alcohol which they contain.

This fermentation is one of the great wonders of brewing. The yeast starts the process by taking away some of the carbon and oxygen of the sugar, leaving hydrogen behind. This hydrogen then unites with the remaining carbon and oxygen and forms alcohol, and the beer is now an intoxicant. After it has been stored for some time in barrels it will be sold to the public, either as draught or bottled beer.



The making of beer in this country gives employment to 85,222 people. All the breweries combined produce an output valued at £67,110,000.

Last year, the nation consumed over 34,000,000 barrels of beer, and paid £102,740,025 for them. This immense total accounts for all the beer drunk, both bottled and draught. The consumption of beer per annum now works out at 32.5 gallons per head of the population.

The great success of Burton, Edinburgh, Wrexham, Warrington, and Alloa, as brewing centres is supposed to be owing to the splendid water they are able to use. Burton ale is the strongest made, with as much as 8 per cent. of alcohol, while the best brown stout contains about 6 per cent.

ARE YOU AFRAID TO EAT?

NO? Then you can consider yourself as one of the fortunate ones. But there are plenty of people, tens of thousands of them in fact, who are really afraid to eat. They need food to keep up their strength. They want food because they have an appetite for it, though it may not be a very good one. But put these unfortunate people before a table laden with the best of food, and they are afraid to eat. Strange, is it not? It ought not to be so, but there it is, a well-established fact that can't be denied.

Now, a man in good health ought to eat heartily at every meal. He ought to come home from work feeling fit and well, ready to do justice to the appetising dishes that a thoughtful wife, or mother, places before him. And when he has eaten, that should be the end of the matter. There should be no sign of pains in the stomach or of flatulence, or tightness across the chest. He should feel as well as, or better than he did before sitting down to the meal. Don't lose sight of this fact—that when there is a pain of any sort in any part of the body, something is wrong. Pain is nature's signal of distress, a cry for help in the hour of danger.

If, after your dinner you have a feeling of discomfort, then the process of digestion is not going along smoothly. Really healthy people don't know what it is to have pains after eating. They can't understand a man or a woman being afraid to eat, because digestion with them, as it ought to do with everybody, goes along quite smoothly. They eat one meal, and within a short time begin to look forward with pleasure to the next. That is as it should be—is as it would be, if people would only take reasonable care.

Unfortunately, in this age, we have so much to fight against, so many anxieties to face, so much worry, such a great amount of work to get through speedily and accurately, that most of us are lucky if we escape some form of stomach or liver trouble. It is the artificial, the unnatural life we are compelled to lead nowadays, that causes the mischief.

Such things as loss of appetite, distaste for food, headaches, flatulence, sleeplessness, unnatural weariness, fulness at the chest, giddiness, hot flushes, and many other symptoms are traceable, in nine cases out of ten, to faulty action of the stomach, liver, or bowels.

It will repay you a thousandfold not to neglect these symptoms. Banish them from your system by taking an occasional dose of Mother Seigel's Syrup. The herbal extracts of which the Syrup is made, gently but surely clear out the harmful products of indigestion, and help the stomach to dissolve and digest what is nutritious in food. Let Mother Seigel's Syrup revive your flagging appetite. Let it help you to enjoy your food! If you are afraid to eat, there is something wrong.

TOBACCO.

"The Lone Man's — Companion."
"The Bachelor's — Friend."—
"The Hungry Man's — Food."—
"The Chilly Man's — Cordial."—

Tobacco Drying.

The tobacco plant was first discovered as a weed in South America by the Spanish, who later introduced it to Europe.

In Queen Elizabeth's day, it could be bought for 2d. a pound, and, of course, men were exceptionally heavy smokers.

But that vigorous hater of smoking, James I., placed a duty of 6s. 10d. per lb. on tobacco, and promptly ruined many of the Virginian planters.

Since his day tobacco has always contributed large sums to the revenue of the nation, and no doubt will continue to do so. It is the Chancellor of the Exchequer's best friend, or one of them, at any rate.

Take the consumption to-day, as an example. Tobacco pays in duty to the State the gigantic sum of £17,000,000. Cheap tobaccos, selling at 4s. 8d. per lb. pay an average duty of 3s. 8d., and the balance of one shilling has to be divided between the growers, the warehousemen, the shippers, the merchants, and the retailers. How each manages to make a profit is a mystery. But they do.

To-day, 5½ million acres of land are under cultivation for tobacco, and a million and a half people are making pipes. One town alone in France turns out 40 million clay pipes in a year.

As a matter of fact, figures about the tobacco industry simply astonish one by their vastness. Think of the puffing of pipes and cigarettes that goes on to make up the United Kingdom's total consumption of 120 million pounds of tobacco in a year.

In the huge total you have to reckon 24 million pounds of cigarettes, nearly five million pounds of cigars, and about 1,500,000 pounds of snuff.

The big tobacco manufacturers now own machines each capable of turning out 550 cigarettes in a minute.

Another machine makes packets from paper, counts out 10 cigarettes, inserts them in the packet, with a small picture card, and then delivers the packet closed and complete. These two machines have made possible the modern cheap cigarette.

Tobacco seed is so small that if every seed in one ounce would grow there would be 300,000 plants. But much of the seed never germinates, and the average of plants from one ounce reaches 30,000. Even that is a very respectable total, is it not?

The best tobacco is said to grow in Cuba, and certain it is that the finest cigars come from that country. During recent years, however, attempts have been made to cultivate the tobacco plant in England, and good crops are now being produced every year in Norfolk. In Ireland also, tobacco cultivation is being pushed forward rapidly. Last year the output there amounted to 87,907 lbs.

Spraying Tobacco Plants.

THEY WERE AFRAID TO EAT

BEFORE

MOTHER SEIGEL'S SYRUP

GAVE THEM GOOD DIGESTION.

THE two letters appearing on this page are like many others we receive from grateful people who make a point of telling us that before taking Mother Seigel's Syrup they were afraid to eat. Such a thing, of course, never happens with a strong, healthy man. As we point out on page eight, when the digestion is good, the liver active, and the bowels regular, there is no pain accompanying the process of digestion. You come to the table with a good appetite, you eat and enjoy your food, and then know no more and think no more about it. If that is not your daily experience, take our advice—try a few doses of Mother Seigel's Syrup after your meals. Watch how it not only banishes the pains that arise from faulty digestion, but sharpens your appetite, freshens you up, adds to your vigour—in a word, makes you fit and well. Mother Seigel's Syrup is a real help for the stomach, the liver, and the bowels, in which so many of the common ailments nowadays have their origin.

Here is sound evidence of what we have said above. First of all, there is Mrs. C. B. Eastwick, who writes from Plevna Cottages, Small Heath, Birmingham, on November 21st, 1913:—

"I am writing to tell you of my complete cure by Mother Seigel's Syrup. For years I suffered from dyspepsia, and could get no relief from it, though I tried many well-known remedies. I was quite unable to digest food, was afraid to eat had frequent headaches and was sometimes sick, which quite unfitted me for work. It was reading one of your little books that induced me to try Mother Seigel's Syrup. One small bottle did me so much good, and so improved my appetite, that I bought another of a larger size.

"Though mine was a bad case of long standing, in a fortnight I was well on the road to recovery, and in another week my cure was complete. I am never troubled with dyspepsia now, but should that happen, and I don't think it likely, I shall know what to do."

We are pleased to call your attention to the following letter from Mrs. E. Lindop, for the reason that for over thirty years she and the members of her family have found Mother Seigel's Syrup to be of inestimable value in the treatment of every-day ailments from which no family can hope to be free for long. Mrs. Lindop writes from her home at Hazelhurst Cottage, Chaddleton, Staffs., on November 22nd, 1913:—

"More than thirty years ago I suffered badly from indigestion. Food would not remain on my stomach for more than an hour or so, and was sometimes rejected as soon as taken. I scarcely dared to eat, and so I tried I don't know how many remedies, but got no relief until I bought my first bottle of Mother Seigel's Syrup.

"Your well-known remedy benefited me at once, and cured me outright in less than a month. From that day to this—now about thirty-two years—Mother Seigel's Syrup has been our family medicine. When my husband is run down, or loses his appetite, or is in any way unwell, a few doses never fail to put him right; and the same is true of myself."

Who can doubt the value of Mother Seigel's Syrup in the face of two such letters? Why not buy a bottle to-day, and start getting better at once.

"PASS THE SALT, PLEASE."

Pepper Plant.

"Pass the salt, please!" you say to your friend across the table, and you dash a little of it over your food, possibly without giving a thought to its value.

Salt makes all kinds of food palatable; it is a necessity to all of us either in food or the raw state; it is a splendid purifying and preserving agent, and some forms of it, such as the nitrates, have made possible the world's gigantic supplies of wheat.

THE SOURCES OF SALT.—Salt can be made by evaporating sea-water, by crushing rock salt, or again, by evaporating brine pumped from underground salt lakes. Most of the salt sold in this country is produced in the brine pits of Cheshire, Worcester, and Durham. But in Austria there is

AN UNDERGROUND TOWN OF SALT.—It is situated at Vieliczka. Here the rock-salt deposits have been worked since 1251, and the underground town has 2,000 inhabitants, a huge rock-salt cathedral, thirty miles of streets, and a railway, with a central station and platforms to accommodate 400 passengers.

WHY SALT IS CHEAP.—Salt is cheap because it is so plentiful. The United Kingdom alone produces 1,900,000 metric tons every year; Germany, 2,000,000; the United States, 3,800,000; and the total production of all the countries of the world is 17,200,000 metric tons.

PEPPER.—Is obtained from the dried berries of a plant which was first found growing wild in the East Indies, and now cultivated in nearly all tropical countries.

WHY PEPPER IS BLACK OR WHITE.—Black pepper is made by grinding the dried berries as soon as dry, but white pepper, which is the better of the two kinds, is obtained by soaking the berries, removing the skins, and using only the cleansed seed for grinding.

WHAT IS CAYENNE PEPPER?—The name is derived from Cayenne, the great French convict settlement in South America, from which the first supplies of Cayenne pepper were obtained.

This, the strongest and the most pungent of the three peppers, is made by grinding the red pods of the capsicum plant, in much the same way as for ordinary pepper.

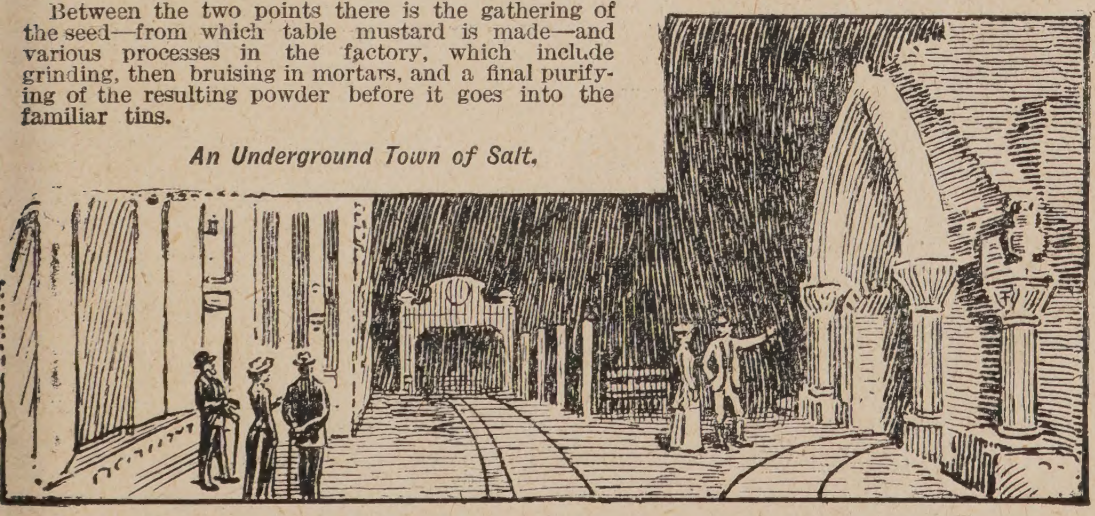
MUSTARD.—You waste more mustard than you consume. That's a fact! And it's a good thing for the mustard manufacturer. Some time ago, one of them laughingly remarked that his immense fortune was made by mustard left on the people's dinner plates.

If you could visit Lincolnshire in the early summer, or some of the fertile southern counties, you would see broad fields of waving golden flowers.

These are the crops of mustard plants specially grown for the great mustard-making firms. But it is a long way from a field of mustard to mustard as you have it on your table.

Between the two points there is the gathering of the seed—from which table mustard is made—and various processes in the factory, which include grinding, then bruising in mortars, and a final purifying of the resulting powder before it goes into the familiar tins.

An Underground Town of Salt.



NEVER NEGLECT CONSTIPATION.

If You Do, It Will Surely Undermine Your Health.

THIS is no idle statement, made for the purpose of frightening you. Mild constipation now and again, such as some people are subject to, is of itself not very dangerous. It may mean nothing worse than a slight headache, or a feeling of weariness. But the point is this—constipation, like indigestion and liver trouble, if neglected always tends to become worse.

It is easy to understand that when the bowels have lost tone, and are unable to expel the waste matter from the system, they need help, which must be given promptly, or constipation will become a menace to one's health.

It is foolish to think that the complaint will in time right itself, and that for the present you need not take any particular notice of it. Don't make the mistake of regarding constipation in that light. It is a complaint which, perhaps more than any other, calls for prompt action.

Women who suffer from daily headaches, languor, and dizziness; men who feel unfit for work, out-of-sorts, irritable and depressed; anyone, who suffers from bad breath, sleeplessness, sallow and blotched skins, ought to take great pains to avoid constipation, for it usually is the root cause of these troubles, and may lead to something worse.

The most valuable advice we can offer you is this—don't attempt to cure constipation by dosing yourself with violent purgatives. That is simply asking for trouble.

The thing to do is to strengthen the stomach, the liver, and the bowels, so that all work together in the task of extracting nourishment from the food you eat, enriching the blood, and expelling waste matter from the body. That is the common-sense way to dispel constipation, and it is the Mother Seigel's Syrup way.

Mother Seigel's Syrup does not violently purge the bowels for a few days, and then leave you worse constipated than before. It gradually removes the trouble by toning and regulating the stomach, liver and bowels so that they are enabled once again to do their work efficiently. Tens of thousands of people have proved this to be true. Test our advice for yourself, and purchase a bottle to-day.

Miss Violet Baker, of Frome Road, Nunney, Somersetshire, writes on November 13th, 1913 :—"Eight years ago, while I was living in London, my health quite failed. I became constipated, and was dull and drowsy even in the morning time, and my appetite fell off. I was told that the trouble was just ordinary constipation. But I grew worse instead of better, and at last had to give up my situation and return to my parents at Radstock. My condition remained unchanged for some months, when a friend of mine who had herself been cured of digestive troubles by Mother Seigel's Syrup advised me to give that medicine a trial. I did so, and in a short time the heavy drowsiness had given place to bright cheerfulness, my tongue became clean, and my system regular. My health has been uniformly good ever since. I always keep a bottle of Mother Seigel's Syrup by me for use when needed."

"THE FOOD OF THE GODS."

— COCOA —

as a National Beverage.

Sorting Cocoa Beans.

There is a very old legend which tells us that cocoa was "the food of the gods." Cocoa is, of course, a very good and wholesome and sustaining beverage, but we could not thrive upon it alone.

In order to get the nourishment required for his daily sustenance a man would have to drink 72 cups of cocoa, or three cups every hour in the twenty-four. That's more than the most enthusiastic drinker of cocoa is prepared to do.

We get cocoa from the cacao tree, a native of the tropical regions between southern Mexico and Brazil.

The cacao tree is now cultivated in San Thome, in British West Africa, Brazil, Ecuador, West Indies, British Guiana, and at Martinique.

Cocoa is a product of cacao pods, which grow on the trunks of the trees and look like thick cucumbers, coloured red.

These pods are collected, shelled, and fermented, and shipped to the cocoa manufacturers, who put the beans through many long and complicated processes in order to produce a high-class cocoa.

The result is a very fine powder, so fine that it will pass through a sieve with ten thousand (10,000) holes to the square inch.

This statement only applies to good cocoa. Cheap cocoas are often mixed with starch, with sugar, or some of the waste material left over in the processes of manufacture.

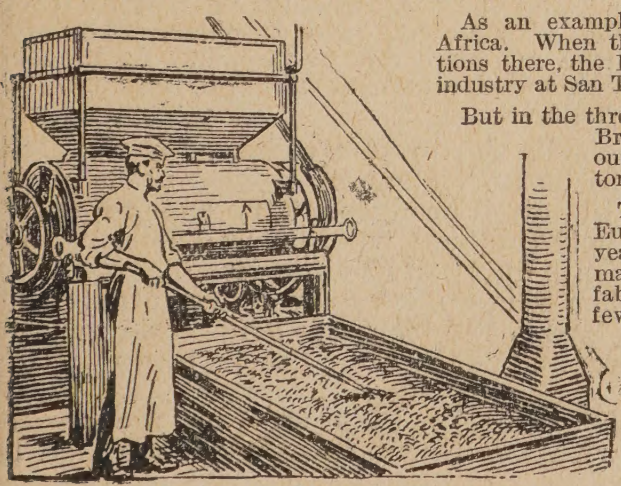
If you want to be sure of getting good cocoa don't pay less than 4d. the quarter pound for it.

The annual value of all the cocoa now sent to this country is £3,200,000.

In 1895 the British Empire only produced 40,000,000 lbs.; in 1909 its production reached the enormous total of 133,000,000 lbs.

Other countries are also demanding more and more cocoa. In the United States, for instance, during four years cocoa consumption increased by 70 per cent.; in Germany, 61 per cent.; and in France, 21 per cent.

At one time the Portuguese dominated the cocoa market, but in recent years they have had to make way for British enterprise and energy.



Drying the Cocoa Powder.

As an example, one may well quote British West Africa. When the British planters first started operations there, the Portuguese had a splendidly organised industry at San Thome (Africa).

But in the three years down to, and including 1912, British West Africa increased its annual output of cocoa from 9,586 tons to 26,611 tons.

The Spaniards first introduced cocoa to Europe from Mexico in 1528. For some years they closely guarded the process of manufacture, and as a consequence fabulous sums were sometimes paid for a few pounds of the powder.

To-day, with the sun-steeped tropics producing cacao beans in almost unlimited quantities, and the application of scientific methods of manufacture, we can buy good cocoa at 4d. the quarter pound. Truly, time works wonders!

DON'T SUFFER FROM CONSTIPATION.

IT CAN BE REMOVED AND PREVENTED BY

MOTHER SEIGEL'S SYRUP.

CONSTIPATION, like indigestion, always tends to become worse if neglected, and for that reason even temporary constipation should never be ignored, for it is a fruitful source of headaches, depression, and languor.

All waste matter must be regularly expelled from the body. This is Nature's law, and failure to observe it always ends in pain and distress. It is a well-known fact that when the organs of digestion—the stomach, liver, and bowels—are active, the health is good, and *there is no constipation.*

You should not regard Mother Seigel's Syrup as a laxative medicine. That would be a mistake. The real truth is that Mother Seigel's Syrup banishes constipation, because it helps the stomach, the liver and the bowels to become naturally active once again.

CONSTIPATION AND HEADACHES GONE.

Mrs. A. Evetts, of Green End, Long Itchington, Southam, Warcs., in a letter dated 28th May, 1913, says :—

"It is now rather more than four years since I began to be troubled with indigestion. At first it came on very gradually, and in the course of a few weeks the pains at my chest and back within an hour of eating were something terrible. I suffered a great deal from constipation and headache.

"Finding myself unable to work, I tried several medicines with no good result, I continued to grow worse until my brother recommended me to try Mother Seigel's Syrup. I took his advice, and am very thankful I did so. I was greatly relieved before I had taken quite one small bottle, and in less than four weeks I was cured, I regard mine as a bad case, and my cure by Mother Seigel's Syrup as little short of a miracle. For years now I have not had pains after eating, constipation, or headache."

WHY HE IS WELL NOW.

Mr. C. Gaynor, of Shaw Green Lane, Southam Road, Cheltenham, writes on November 20th, 1913 :—

"Some time ago, my health suffered and I was unable to digest my food. Constipation and headache were also added to my troubles. Ordinary aperient medicines used to relieve me for a day or two, but no longer. Mother Seigel's Syrup was recommended, and after taking it regularly for some weeks, it completely cured me."

When you use Mother Seigel's Syrup as a remedy for sluggish and inactive bowels there will be no violent or griping pains, such as much-used mineral aperients often produce. True enough, these give temporary relief, but their frequent use is very harmful, and may seriously injure the delicate lining of the intestines.

On the other hand, Mother Seigel's Syrup, which contains the medicinal extracts of roots, barks, and leaves, is gentle and certain in its action upon the bowels, and at the same time it tones up the stomach and the liver.

In obstinate cases, Mother Seigel's Pills may be used with advantage in conjunction with the Syrup until regular action is established.

Tea Pickers.

FROM THE TROPICS —TO YOUR TABLE.—

FACTS about Tea & Coffee.

A spoonful of tea, or coffee, gives you no indication of the wonderful processes through which it has passed before coming to your table as a refined and wholesome commodity.

That cup of tea or coffee which you enjoy so much brings you into daily contact with the far-off, sunny lands of the Tropics. It has probably been gathered by some scantily-clad coolie in Ceylon, India, China, Brazil, Java, or Arabia, where most of the tea and coffee is grown nowadays.

Tea is the leaf of a shrub subjected to many complicated processes, and coffee is the berry of a shrub-like tree, which is gathered, cleaned, roasted and ground.

In Shakespeare's time tea was sold at from £6 to £10 per lb. and coffee was unknown.

Even at the end of the 17th century the duty on tea was 50/- a pound. It is now 5d.

All the British races are great tea drinkers. The Russians have also taken kindly to it, but in Germany and Holland coffee is a more popular beverage. France, and the southern races of Europe drink a great deal of coffee and cocoa.

British enterprise and capital have developed tea culture in India and Ceylon, and the export trade of China was surpassed long ago. The taste for Indian and Ceylon tea has become so general that the British planters will in time undoubtedly control the world's supply.

In 1885 China exported 283,833,446 pounds of tea, but in 1909 this had fallen to 199,792,400 pounds. On the other hand, India and Ceylon are now providing the world with five hundred millions (500,000,000) of pounds of tea annually.

Good tea goes further and is more wholesome than cheap tea. For instance, a pound of tea at 2s. to 3s. 6d. will make about 280 average cups ; but tea at 1s. to 1s. 8d. will not give more than 224 cups. So nothing is lost by paying 2s. instead of 1s. 6d. a pound for your tea.

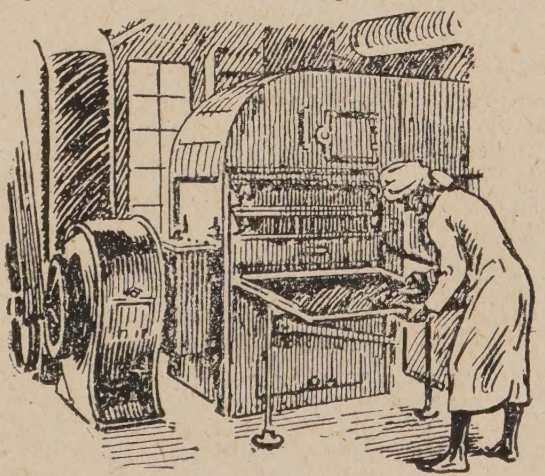
Ceylon is also making a bold bid for the control of the coffee industry. She has an uphill fight before her, for no coffee yet produced has been equal to that coming from Arabia, or San Paulo, in Brazil. From the last-named district the world gets three-quarters of its supplies, but the finest coffee of all comes to us from Mocha, in Arabia.

Chicory is often mixed with coffee to improve the colour and sharpen the taste of the mixture, but while pure coffee has a valuable stimulating effect, chicory has no such special value.

It was in Napoleon's time that chicory was first used as a beverage, because coffee was so extraordinarily dear.

Then later on the practice of mixing chicory with coffee came into general use. It has been abused somewhat in our own times, for in cheap blends of coffee chicory is sometimes present to the extent of forty or fifty per cent.

If you want to detect chicory try this little experiment. Drop some of the coffee into a glass of cold water. The coffee grains will remain hard and float on the water, but the chicory grains, if any, will rapidly dissolve after sinking to the bottom of the glass, and turn the water brown.



Machine Drying of Tea Leaves.

COMING EVENTS

CAST THEIR SHADOWS BEFORE.

HAVE you ever stood in the engine room of a great ocean liner, and watched the mighty shafts and pistons all working in harmony? The engineer is always on the alert for the signs of any coming mishap. He can tell by the droning tune of the machinery if all is right. But some little squeak or a rasping sound may give him the clue to an approaching breakdown. At once the engines are stopped, an examination made, and the well-trained man may have saved his ship from disaster. He has just acted upon the little signs of warning, the coming events that cast their shadows before.

It is pretty much the same thing all through life nowadays. You have to be ever on the watch for the small things, for to neglect them is to invite trouble and anxiety that the bigger ones will certainly bring. This applies with special force to your health. You can't afford to neglect it at any time. If you do, it is certain that you will pay the penalty in a serious breakdown.

Nature gives most of us a chance of being healthy and strong. But she does not stand any nonsense about it. You can't, for instance, go on wilfully neglecting the signs of indigestion or liver trouble and hope to remain in good health. Nature's laws must be obeyed just as strictly as the laws of man.

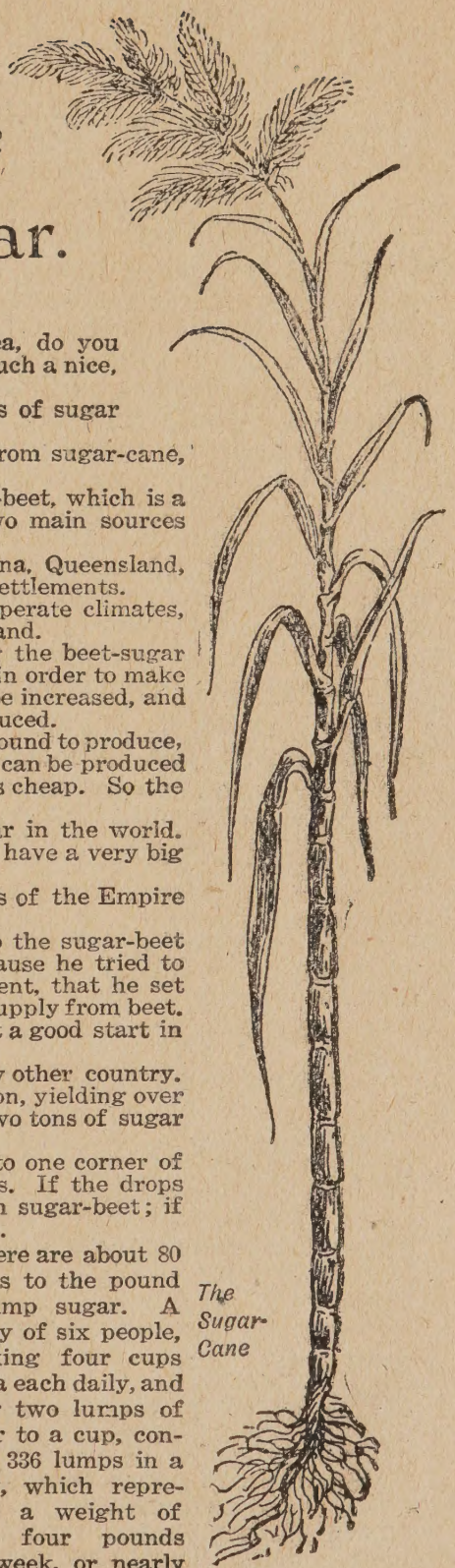
Those headaches that trouble you sometimes; or that feeling of weariness on arising in a morning; or the unpleasant furred tongue that prevents your complete enjoyment of food; or those feelings of depression that sometimes give you a bad quarter of an hour—these, while not very serious in themselves, are certainly warnings that something is amiss with the digestive machinery of your body.

It is of very little use saying to yourself, "Oh, I shall be all right in a day or two," for the symptoms of stomach and liver troubles are nearly always mild at first. Neglect them, and they gradually become more severe—almost before you suspect it you are on the way to becoming a chronic dyspeptic, or one of those liverish individuals whose life is hardly worth the living.

Make yourself a watchful engineer over the machinery of your health—your stomach, liver, and bowels. Take Mother Seigel's Syrup at the first signs of indigestion or liver trouble, and you will soon be one of the many thousands who know from personal experience that there is nothing better than this world-famous herbal remedy for restoring tone and activity to the stomach, the liver, and the bowels.

Keep an eye on coming serious health troubles, on the signs that all is not well with you. A few timely doses of Mother Seigel's Syrup have saved many people from much pain and misery. Why not try it yourself? Personal test is always best.

The Story of a Lump of Sugar.



When you put a lump of sugar in a cup of tea, do you ever wonder how it has arrived at your table in such a nice, refined state?

Every year the world uses seventeen million tons of sugar —17,000,000 !

Of this immense total 11,000,000 tons are made from sugar-cane, and 6,000,000 tons from sugar-beet.

Sugar-cane, which is a tropical grass, and sugar-beet, which is a close relative of the humble mangold, are the two main sources whence comes our sugar.

Sugar-cane is grown in India, Southern Louisiana, Queensland, West Indies, Java, China, Egypt, and the Straits Settlements.

Sugar-beet, on the other hand, is grown in temperate climates, and mostly in Germany, France, Austria, and Holland.

Attempts are being made by the men controlling the beet-sugar industry to capture the world's sugar market, and in order to make this possible the acreage under cultivation is to be increased, and new, money-saving methods of manufacture introduced.

Beet-sugar, however, costs about one penny per pound to produce, European labour being relatively dear. Cane-sugar can be produced for one half-penny per pound, and tropical labour is cheap. So the fight is somewhat unequal.

Great Britain is the greatest consumer of sugar in the world. Her sugar bill amounts to £26,000,000 a year. We have a very big sweet tooth !

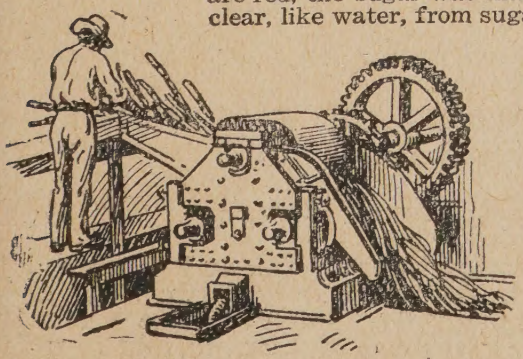
The prosperous and enterprising young countries of the Empire send us 60,000,000 cwts. of sugar annually.

Napoleon was the man who gave the first start to the sugar-beet industry. Cane-sugar was so dear in his day, because he tried to prevent British mercha nts trading with the Continent, that he set several scientists on the task of providing a home supply from beet.

The experiments were successful, and France got a good start in the manufacture of beet-sugar.

Germany now produces more beet-sugar than any other country. She has over a million acres of land under cultivation, yielding over twelve and a half tons of roots per acre, or about two tons of sugar per acre.

Take a piece of sugar and apply a lighted match to one corner of it. The sugar will melt into drops. If the drops are red, the sugar was made from sugar-beet; if clear, like water, from sugar-cane.



Sugar-Cane Mill.

There are about 80 pieces to the pound of lump sugar. A family of six people, drinking four cups of tea each daily, and using two lumps of sugar to a cup, consume 336 lumps in a week, which represents a weight of over four pounds per week, or nearly 2 cwt. per year.

The Sugar-Cane

SPEEDY RELIEF

FROM

Indigestion—Biliousness—Constipation

FOLLOWS THE USE OF

MOTHER SEIGEL'S SYRUP.

THERE is a point in each of the three letters appearing on this page to which we want to call your special attention. In each case, Mother Seigel's Syrup gave prompt relief, and in time brought about a renewed state of good health. These letters are only like hundreds of others we could quote from, in each one of which you would find the writer saying, "I began to feel better after the first few doses."

Mind you, we are not claiming that a few doses of Mother Seigel's Syrup will banish all your troubles, but if you begin to feel better early on you naturally are encouraged to continue with the remedy until you are quite well again. That, of course, must be a matter of time and perseverance, and dependent upon how long stomach and liver troubles have got a hold on your system. But in simple cases of indigestion Mother Seigel's Syrup can and often does put you right again in a day or two. Try it yourself!

Says Mr. W. J. Scuffin, of 87, Canal Road, Armley, Leeds, in a letter dated Nov. 24th, 1913:—

"When a young man my usual vigorous health left me, and I became thin, pale, and weakly. Food caused me intense pain, and I ate so little that I became alarmingly weak. Many people thought I was in a decline. *But they were wrong.* The trouble was indigestion, nothing more. However, a few weeks after I began to take Mother Seigel's Syrup I had a happier experience. I could eat without fear of pain, my natural appetite returned, and I was free from headache. The Syrup put my whole digestive system into proper working order, and an occasional dose now keeps me quite well.'

SHE FOLLOWED THE INSTRUCTIONS, AND—

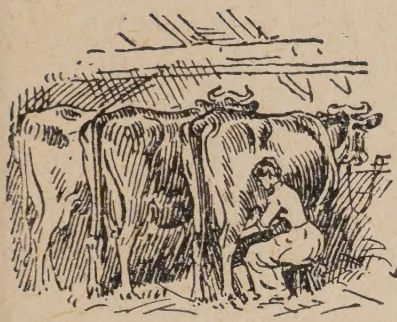
Mrs. Kate Cockell, of Cockell's Boarding House, 7, Queen Street, Wakefield, York, writes on Nov. 24th, 1913:—

"Some years ago, I became bilious, constipated, and subject to headache. By reading a little book which came to our house, my attention was directed to Mother Seigel's Syrup, and some of the wonderful cures it has made. I thought I would try it, and it did me some good from the first dose. Twelve bottles cured me entirely. Of course I followed the useful instructions as to diet, given in Mother Seigel's books, while taking the Syrup."

CONSTIPATION—INDIGESTION—AND BILIOUSNESS BANISHED.

Mrs. M. E. Thompson, of 12, Penraevon Grove, Meanwood Road, Leeds, writing on Nov. 24th, 1913, says:—

"Some years ago, I was laid aside for three weeks, and continued to suffer for some months until a friend, with much difficulty, persuaded me to try Mother Seigel's Syrup. Not many days passed before I felt the benefit of it. The pains became less frequent and severe, and in a few weeks left me entirely, and I could eat as freely as ever I had done."



WHAT WE OWE TO — THE DAIRY. —

Interesting Facts regarding Butter, Cheese & Margarine.

It has become usual to regard butter as a ready means of making bread palatable, and as a handy ingredient for pastry, puddings, cakes, and biscuits.

But butter is really a valuable food, made from the fatty portions of milk, and wherever the digestion is good no harm can come of its generous use.

Fresh English butter used to be regarded by experts as the best in the world. It can still beat all comers when properly made from milk of the right quality.

In recent years, however, the Danish farmers have practically captured the British market, and their success is due to two things—one to the use of modern machinery for dairying, and the other to the standard quality of butter they are able to supply.

In Denmark, butter is manufactured in huge factories. All milk is first tested for its fat content, then boiled, then put through a cream separator, and lastly, churned by machinery.

This gives butter of uniform quality and flavour, and the secret of the process is in the boiling before separating, for then all the lactic acid germs (the invisible bodies that turn milk sour) are killed.

However, successful butter-making depends upon the action of these germs, but instead of leaving them to act for themselves, as our farmers do, the Danish butter-makers introduce just the right quantity of germs to the cream, and in that way are able to control their action and so turn out huge consignments of butter all of which is of standard quality and flavour.

The process has been largely adopted by our Colonial farmers, and butter fit to grace anybody's table is now being sent to us from Canada, Australia, and New Zealand.

Apart from home supplies, we are now paying over £24,000,000 for butter made abroad or in the Colonies.

MARGARINE.—This is not butter, but a cheap substitute for it. The law strictly insists on margarine always being labelled properly, and sold as an imitation of the genuine article.

A manufacturer is further prevented from deceiving the public by not being allowed to add more than 10 per cent. of butter to his margarine.

Thus, in a pound of margarine at 6d. you can never have more than one-tenth part of butter, and the other nine-tenths are something else.

In some of the great factories established in recent years, margarine is made with great care and skill from ox-fat, then mixed with a little real butter, and flavoured with milk. Since, however, animal fat is becoming very dear the manufacturers have begun to use vegetable fat, which is obtained from suitable nuts, or cotton seed oil.

CHEESE contains about 66 per cent. of flesh and bone-forming elements and fat, and when well digested possesses two or three times the food value of meat.

The best varieties of English cheese are Stilton, Cheddar, and Cheshire.

All cheese-making depends for its success upon rennet, an acid solution obtained from soaking the inner stomach of a young calf in water.

Cheese to the value of £7,000,000 is sent to us from the Colonies and foreign countries every year.

Butter Making by Machinery.

A WORD ABOUT HEADACHES.

WHY are headaches so common nowadays? No matter where you go, whether on visits to friends, whether you form one of a picnic party, or whether it be in the factory or the office, you are almost certain to hear someone or other complain about headaches. And of all people women suffer from them most.

There's no doubt about it, headaches, like bad teeth and flabby muscles, are becoming more and more common. "Why is it?" you say. Just think the matter over for a moment, and you will see the answer clearly. Nowadays we live a much faster life, faster that is in the sense that we work harder, have to face keener competition, and don't get the same opportunities for peaceful repose and quiet retirement as they did thirty or forty years ago. Again, there's more to worry folk nowadays, and more causes of anxiety. Also, people keep later hours, have a greater craving for excitement, and consequently grow old before their time.

It must be frankly admitted by anyone who has thought the matter over, that our complicated life tends to upset the digestive system—the stomach, liver, and bowels. And it is a well-known fact that as soon as the stomach, the liver, or the bowels go ever so slightly wrong, then headaches are one of the first symptoms. When badly digested food gives off harmful products which are absorbed into the system; when the liver is sluggish; and when the bowels are constipated, you must expect headaches in a more or less acute form. Women especially should think this over carefully.

Thousands of women to-day attempt to rid themselves of headaches which are caused by faulty action of the stomach, liver, and bowels, by taking headache powders. It must be admitted that in many cases they obtain temporary relief, but surely the better way, the permanent way, is to correct the disordered condition of the stomach, liver, and bowels, from which these headaches arise.

All round the world to-day there are thousands of healthy people who owe their freedom from headaches to Mother Seigel's Syrup. They tried this famous herbal remedy and realised how wonderful is its success in restoring strength and tone to weak stomachs, sluggish livers, and inactive bowels. Mother Seigel's Syrup is compounded from more than ten varieties of rare roots, barks and leaves, which in combination have a tonic effect upon the digestive system.

Ask yourself if the foregoing reasons aren't a commonsense way of explaining the cause of headaches, and then buy your bottle of Mother Seigel's Syrup. Many people feel better after a few doses, and by giving the remedy a fair chance are soon restored to good health, and renewed vitality.

Mr. Samuel Mottram, of High St., Puckeridge, Herts., writes on November 8th, 1913:— "Some time ago I became subject to indigestion and frequent violent headaches, which quite unfitted me for work. A long rest and many different kinds of medicine gave me no relief; and I had almost lost hope when I was induced to try Mother Seigel's Syrup. One small bottle of the Syrup did me so much good that I took the contents of four other bottles, by which time the pains of indigestion and the violent headaches had quite deserted me, and I was in better health than ever before."

What it is! **YOUR FOOD** What it does!

WITH

DIET HINTS FOR THE SICK.

IF anyone asks you the question "What is Food?" you might think them a little absurd. But, after all, most of us know very little about the real nature and value of the different kinds of food we eat. Now the purpose of this article is to make clear in as simple language as possible, some of the most important facts with regard to articles of food of every-day use.

Everyone knows that some kinds of food satisfy the appetite more than others, and certain clever chemists have discovered why this is so. To understand the nature of food we shall have to borrow two or three of the queer names which chemists are so fond of using. Protein is one of them, and carbohydrates another—queer sounding names, aren't they?—but they have an important meaning. If we add to them a few more which are not the chemist's special property, we shall have a list of the real essentials of food without which we cannot live. The list will then read:—

PROTEIN FATS WATER
CARBOHYDRATES MINERAL SALTS.

First in importance is protein, the substance of which we are largely made. "Then," you say, "protein must be present in the flesh foods we eat!" Quite right! It is present in vegetable life, too, and that is why cattle can live upon grass, roots, and leaves. The cattle extract it from plants during digestion to nourish themselves, and in turn nourish us. The chemists tell us that plants make protein from nitrogen and carbon—two substances which exist in both the air and the earth in large quantities—from the life-giving principle oxygen, from the hydrogen of water, and a little sulphur. Wonderful though it seems, our food comes out of the earth, air and water! The white of egg, the gluten of wheat, the casein of cheese, are all forms of protein. Protein is the *goodness* of food, or that part of it which builds and repairs the fabric of our bodies. Hence we must eat plenty of food rich in protein.

FOOD FROM EARTH, AIR, AND WATER.

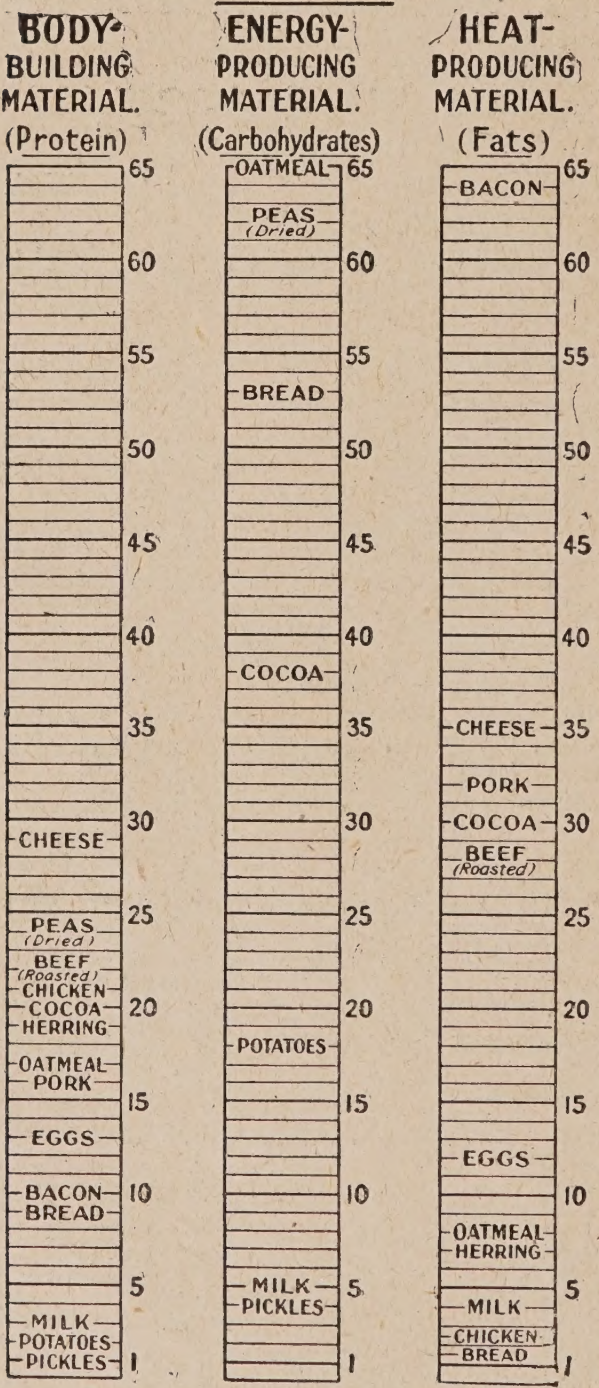
But to produce energy and resist fatigue we must enlist the services of the carbohydrates, ordinarily described as farinaceous matter or starch. They consist of similar substances to those which make up protein, but contain no nitrogen or building material. This part of food is the driving force—the fuel and steam, as it were—of the system.

The blacksmith needs more carbohydrates than the clerk because his work calls for greater muscular energy and effort. On the other hand, the clerk's food should be rich in protein and mineral salts, because his brain and other bodily tissues need constant building up. Food then, should be chosen according to the work a man has to do, and according to the season of the year.

THE BLACKSMITH, AND THE CLERK.

PERCENTAGE TABLE

Showing the value of everyday Foods.



The above Charts show the percentage of Protein, Carbohydrates, and Fats respectively contained in certain everyday foods. Example:—Bread appears in each column and contains Protein, 9 per cent., Carbohydrates, 53 per cent., Fats, 1½ per cent.

Fats help the body to retain heat and maintain energy, thus giving power to resist disease. Mineral salts, in addition to iron, contain phosphorus, a substance which enriches the brain and nerves, besides giving strength and hardness to the bones, and water helps all the digestive processes by softening and dissolving food.

THE MONEY VALUE OF FOODS.

Practically all of us eat both animal and vegetable food, and we naturally wish to get the best from food that it has to give us. To get the Protein we need, it is best to make our chief meals three parts vegetable and one part meat. This is generally considered better than a purely meat or vegetable diet. Cost is, of course, a consideration, and we often pay for mere flavour when we ought to consider nutritive value. Salmon costs many times the price of the humble herring, and is not any more nutritious. Peas and beans contain nearly one quarter their weight of protein, and

THE THREE CHEAPEST & BEST FOODS.

Although milk contains only a small proportion of the essentials of food, it is very valuable because it is so quickly assimilated.

Wheat, barley, rice, and similar foods contain much more carbohydrates than proteins.

Butter, lard, dripping, etc., contain very little protein and consist almost entirely of fats.

Sugar, jams, treacle, and sweetstuffs consist largely of carbohydrates. Green vegetables are composed very largely of water, but they are valuable because they contain mineral salts.

Unlike cocoa, tea and coffee have practically no food value, but are useful stimulants.

are far more nourishing than asparagus and other expensive vegetables; oatmeal is a very rich food, at once providing nutriment and energy. Bread, cheese, and milk are amongst the cheapest and most nourishing of foods, as they contain a good proportion of protein. Meat is, of course, highly nutritious and valuable. Sugar is all used up and converted by the body into force. Cabbage and green vegetables, though not very nourishing, contain valuable mineral salts.

We have now a rough idea of the values and functions of different kinds of food materials, but after all, food cannot build up, nourish and sustain the body unless it is digested and assimilated. So it comes about that "one man's meat is another man's poison." Some lucky folk can make a hearty supper of pork, lobster, or other hard-to-digest food, and then sleep as soundly and peacefully as a healthy child. Others again must choose their food carefully and eat sparingly if they are to avoid the pains and penalties of indigestion. Convincing proof of the remarkable efficacy of Mother Seigel's Syrup as a digestive tonic and stomachic remedy is to be found in the testimony of old-time sufferers recorded in the pages of this book. When taking Mother Seigel's Syrup for any or all of the disorders arising from faulty digestion, do not overlook the fact that suitable food is of primary importance.

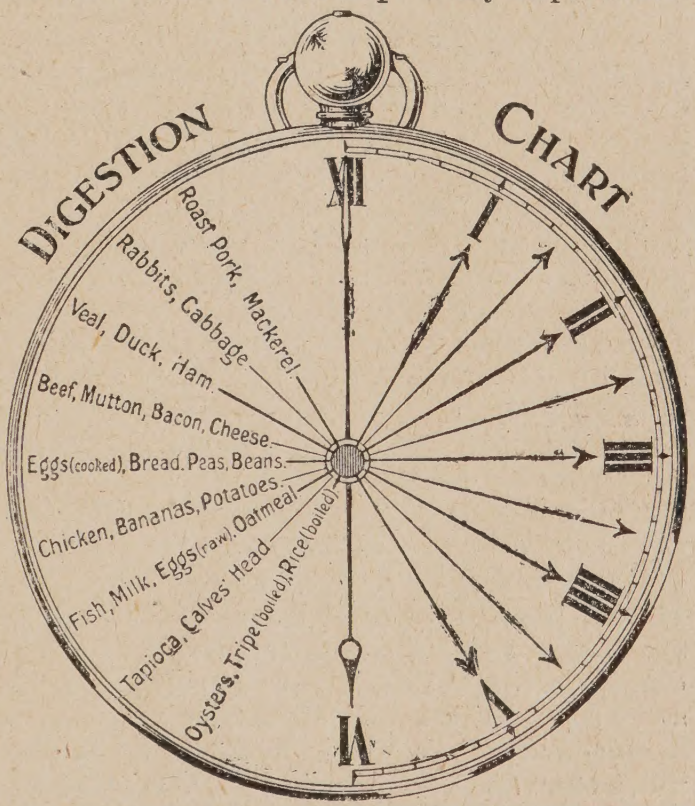
"ONE MAN'S MEAT IS ANOTHER MAN'S POISON."

IN INDIGESTION—Avoid rich, fatty foods such as bacon, ham, pork, veal and fat mutton. Eat sparingly of potatoes and cabbages. Take no pickles of any kind, or any highly seasoned food.

IN BILIOUSNESS—Take plenty of exercise. Avoid raw fruits, all fatty foods and alcohol. Let all meals be light for a few days.

IN RHEUMATISM—Avoid porridge; all starchy vegetables such as potatoes; also mustard, pepper, and all condiments; rich meats such as beef and pork. Take moderate exercise every day.

IN ACIDITY — See that the bowels are not constipated. Take light and easily digested food, such as fish, eggs, and well-cooked vegetables. Avoid beef, pork, bacon, rich pastry, or highly-seasoned soups. Take from fifteen to thirty drops of Mother Seigel's Syrup in water after each meal.



This Chart shows the approximate duration of digestion for various articles of food in common use. Example:—Healthy persons can digest oysters and tripe in about one hour, whereas roast pork takes about five hours to digest.

YOU AND YOUR LIVER.

ARE you on good terms with your liver? It is vitally important to your health that you should be. A liver that goes on strike now and again, or refuses to work regularly and steadily, always provides plenty of trouble for its owner in the shape of headaches, sickness, distressing bilious attacks, irritability, blurred vision, bad skin, dull and drowsy eyes, and chronic weariness.

Every man or woman who is subject to "liverishness" is much to be pitied. Such people can't enjoy life as they ought to do. And sometimes they are so wretched and irritable that people round about them are made miserable too. Napoleon, who was much given to fits of bad temper, had "a liver," and it isn't going too far when historians put down some of his great mistakes to that cause.

There is wisdom in the saying that if men and women would only keep their livers right and their stomachs healthy, we should not hear so much about melancholy, depression, and weariness. In a state of perfect health there is no such thing as "liverishness." For instance, if a man had never had a day's illness in his life, if he had never seen or heard of illness, and you started to talk with him of faulty livers and "liverishness," then all that you said would be double Dutch to him—because, enjoying perfect health, *he doesn't know he has a liver.* It ought to be the same with everybody.

The fact is, the liver never troubles you till it is in trouble itself. You can't afford *not* to be on good terms with your liver. Consequently when your liver needs help, supply it promptly. Better still, see that it is kept in a healthy condition by taking an occasional dose of Mother Seigel's Syrup. Do this at the very first sign of liverishness, and you will secure prompt relief. Mother Seigel's Syrup has brought brightness and better health to thousands of liverish men and women all over the world.

The herbal extracts of which Mother Seigel's Syrup is composed not only help the liver, but also the stomach and bowels. Get these organs into a state of healthy activity and, failing organic disease, you are bound to be well and strong. You and your liver won't fall out if you look after it. A little bit of attention now and again, such as we recommend to you, will save you from much pain, discomfort, and weakness. How true this is you can test for yourself by buying a bottle of Mother Seigel's Syrup to-day.

Mother Seigel's Syrup is made from the medicinal extracts of more than ten varieties of roots, barks and leaves. The action of the extracts contained in this famous household remedy upon the liver soon restores that organ to healthy activity. Take Mother Seigel's Syrup daily, after your meals, and let its purifying health-giving properties renew your strength, your vigour, and your enjoyment of life. Test it to-day, yourself.

THE TWIN WRECKERS

MANY LIVES. NOT FOR A DAY CAN YOU AFFORD TO NEGLECT

INDIGESTION AND BILIOUSNESS.

YOU really cannot! The folly of neglecting even the early symptoms of indigestion, the danger of thinking that in time biliousness will vanish of its own accord, is soon seen in great suffering and increasing weakness. Everybody knows the story of the tortoise that overtook the hare. It was "slow and sure" that won the race. And in the case of indigestion and biliousness, leave them to work out their own evil ends, and they will slowly but surely wreck your life.

This is no exaggeration. It is just the plain truth, and the sooner you realise it the better will it be for your health and happiness. Indigestion, unchecked, always grows worse, and opens the way for the attacks of disease.

You should combat the evil effects of stomach, liver, and bowel troubles by taking Mother Seigel's Syrup after meals. Take it whenever you feel out-of-sorts, or if you fear a bilious attack, liver trouble, or pains after eating, and rest assured that it will help you as it has helped thousands of other sufferers.

Mrs. Harris, of 69, Hopewell Street, Gloucester, in a letter dated November 19th, 1913, says:—

"Soon after I was married, the change from the bustle of business life to the seclusion of a small house, told unfavourably on my health. Often I was bilious, vomiting a bitter, yellow fluid, and oppressed with headache and wind. I became subject to indigestion, a complaint formerly known to me only by name. It increased so much upon me that at last I scarcely dared to eat, so severe was the pain at my chest and between my shoulders which followed even the lightest meal.

"It was not until I had wasted many months and many pounds on remedies, which did me no good at all, that I was advised to try a course of Mother Seigel's Syrup. By taking the Syrup regularly for a few weeks, I was thoroughly and permanently cured.

"I have not once suffered from indigestion since, though I still occasionally take a dose of the Syrup. I take it because I find it brightens one up and improves the appetite."

Mrs. Harris's letter is convincing evidence of the power of Mother Seigel's Syrup to restore tone and activity to the organs of digestion. It needs no great imagination to picture Mrs. Harris as going on from year to year, suffering and being gradually weakened, by a sluggish liver, and a disordered stomach, until in time her health would have been shattered and her strength undermined.

You would see her, in the last resort, as a sallow-skinned and badly-nourished dyspeptic, wanting to eat but afraid to, envying the woman with a good appetite, and deriving next to no pleasure or advantage out of her life. Such is the lot of the unfortunate and chronic dyspeptic.

But Mrs. Harris escaped such a fate by the timely advice of a friend who persuaded her to give Mother Seigel's Syrup a trial, with such excellent results as her letter sets forth. Why not do as she did, and take Mother Seigel's Syrup daily?

THE NEEDLESS SUFFERING

Of Girls and Young Women.

A CARELESS touch may shatter a beautiful porcelain vase. A speck of dust in the exquisitely balanced mechanism of a watch, will clog and stop it, though it takes many specks, and some time for them to accumulate, before a piece of heavy machinery is brought to a standstill. So it is with men and women. The little irregularities of the system, the slight shocks that pass unheeded on the coarser, tougher fibre of a man, if disregarded may completely upset the finer organism of a woman.

By reason of her delicate constitution, a woman has to battle against more complaints, and is less fitted for the fight than is her partner—man. He is the stronger, the coarser, the more robust being—she is the weaker, the more highly strung, the finer organism.

A woman should never disregard those little ailments which, though they seem unimportant in themselves, often play havoc with her health.

Many a girl has become the victim of anæmia because in the first instance she neglected indigestion and constipation. Much needless suffering would be avoided and many lives made brighter and more useful if only men and women, and particularly women, would realise the folly of treating as trivial matters the early symptoms of digestive weakness and constipation. Upon the perfect digestion of food depends the proper nutrition of the whole body, and it is just as unreasonable to expect to be well and strong if the digestive organs are not able to extract the nourishment from the food you eat, as it would be to expect a steam engine to run if the fuel in the furnace were not burning.

So it is with constipation, a complaint to which women are peculiarly liable. Nature intended the waste matter of the digestive processes to be expelled regularly from the system, and, if it is not, as surely as day follows night, noxious gases will be absorbed into the system, and carried through the blood stream to every part of the body, literally poisoning the very well-springs of life.

All over the world Mother Seigel's Syrup is regarded by thousands of women as their best friend, simply because they have proved, in their own experience, its wonderful power to tone and regulate the action of the stomach, liver and bowels, upon whose efficient and harmonious working depends the general well-being of the whole body. The remarkable success of Mother Seigel's Syrup, extending over a period of forty years, depends not upon any one ingredient but upon the skilful combination of more than a dozen different medicinal vegetable extracts and other ingredients. Experience has shown that these medicinal agents, when blended together in the right proportions, as they are in Mother Seigel's Syrup, are remarkably efficacious in restoring tone and healthy activity to the digestive organs. This is the secret of the world-wide popularity of this famous medicine, and furthermore, it is also the reason why you should always insist upon having the genuine Mother Seigel's Syrup, and never accept imitations or substitutes.

THE WOMAN WHO CAN'T WORK

WHO FEELS MISERABLE, LIMP, AND DROWSY,

NEEDS MOTHER SEIGEL'S SYRUP.

MANY women, more especially those who spend too much time indoors, who can't get sufficient exercise, or who have to work in a stuffy atmosphere, are subject to digestive troubles. That's why they often feel downhearted, languid, depressed, limp, and spiritless. Such women will find Mother Seigel's Syrup of great service. If taken occasionally after meals it will maintain the vigorous health of the digestive system—stomach, liver, and bowels, and so enable a woman to recover her vigour and buoyancy.

Here are three letters from women who tell you what a wonderful difference Mother Seigel's Syrup made in their lives.

"GIDDY WITH HEADACHES."

Mrs. Amy Gibson, of 5, Rycroft Place, Sale, Manchester, writing on November 22nd, 1913, says:—

"I am fifty-one years of age, and until I was nearly forty scarcely knew what a day's illness was. Then I began to suffer from indigestion. On one occasion, which I shall never forget, I ate nothing for about thirty hours, was giddy with headache, and vomited frequently. Some of the remedies I tried relieved me for a short time only, but with Mother Seigel's Syrup I recovered my health, and there has been no sign, so far, of the return of my old trouble."

SHE BECAME WEAK AND ANÆMIC.

Mrs. E. Trezise, of 60, Cavern Road, Ellacombe, Torquay, in a letter dated November 15th, 1913, says:—

"A few years ago, I became weak and anæmic, and the little I ate was either rejected soon after it was swallowed or it produced fearful pain at my chest. I was obliged to give up my work, and I continued to suffer for a good many weeks. Then I tried Mother Seigel's Syrup. My appetite improved daily, my face losing its unnaturally white hue, and I soon resumed my usual work. I have not suffered in a similar way at all from that day to this."

"I DIDN'T CARE TO EAT."

Mrs. Myra Powell, of 2, Clarendon Road, Hove, Sussex, in a letter dated November 11th, 1913, says:—

"Through working in a stuffy room as a milliner I became subject to splitting headaches, which was quite a new experience for me. This continued for three years, when I gave up the millinery. But I was still subject, from time to time, to the most dreadful headache, and my appetite was so poor that I didn't care to eat. Then I was advised to take Mother Seigel's Syrup, which did me a world of good, and in time gave me back my health."

To get the full benefit of Mother Seigel's Syrup, follow the printed instructions, don't over-load the stomach with rich food, avoid excitement and worry, and you will soon experience a marked improvement in your health. But be sure you get the genuine Mother Seigel's Syrup.

FLATULENCE—ACIDITY—HEARTBURN.

FLATULENCE, acidity, and heartburn are very common amongst middle-aged people, who often make the mistake of imagining that such things have to be endured, and consequently they fail to take steps to remove them.

There is often much pain and discomfort accompanying flatulence and acidity, and heartburn itself is sometimes quite alarming. Rest assured that when you have one or more of these three complaints something is amiss with the stomach, the liver, or the bowels, and unless these organs are working efficiently good health is an impossibility, and headaches, languor, and lowered vitality a certainty.

You will find Mother Seigel's Syrup of great service in removing flatulence, acidity, or heartburn. The herbal extracts — the medicinal juices of roots, barks and leaves—of which it is composed, are wonderfully effective in dispelling indigestion, biliousness, and the many distressing ailments which follow in their train.

Very often a few timely doses of Mother Seigel's Syrup are all that is required to bring relief, and speedily remove the discomforts and pain of flatulence, the burning sensation in the pit of the stomach that accompanies acidity, and the disagreeable sensations in the chest and the mouth caused by heartburn.

In addition to banishing these complaints, Mother Seigel's Syrup will help you in other ways. It gives tone and strength to the stomach, the liver, and the bowels, which must be working properly every hour of the day if you are to enjoy really good health.

We are constantly receiving letters from grateful people who tell us that they can eat better, sleep better, and work better through the help that Mother Seigel's Syrup has given them. They wouldn't waste their time and money in writing us these grateful letters unless they had derived real and lasting benefit from the use of Mother Seigel's Syrup. If you suffer, in like manner, surely it is reasonable to expect that the medicine which helped them would help you also. Test it yourself for a few days, and you will realise why Mother Seigel's Syrup has become so popular throughout the world.

Mr. Arthur F. Hayman, of Orchard Street, St. Albans, Herts, writing on November 10th, 1913, says :—

"I am very thankful to be able to inform you that Mother Seigel's Syrup has cured me of severe indigestion. Probably there is no more healthful occupation than mine (landscape gardening); but that did not save me from nearly five years' suffering. My complaint reached its worst stage when, my usual work being slack, I undertook a painting job at Harpenden. The smell of the paint increased my trouble so much that I was obliged to give up the task after a few days. Food caused me dreadful pain both in my chest and stomach. I was frequently sick, and lost 20 pounds in weight. Medicines specially prepared for me were useless in my case, which continued unrelieved until I tried Mother Seigel's Syrup. Nine small bottles of the Syrup effected my complete cure, and from that day to this I have not needed a dose of any sort of medicine."

WHEN YOU NEED A TONIC

Don't Resort to a Stimulant.

LIKE a man who makes promises and doesn't fulfil them, a stimulant arouses false hopes. It may give a feeling of delightful exhilaration and strength for a few hours and then it leaves you worse than before. What is the result? Why, that if you want to retain the false sense of well-being you must take more and more of the stimulant with ever-increasing frequency.

That is not the end of the matter by any means. The stimulant taker becomes a victim of his habit. Every day he must whip his poor tormented body into action by taking bigger doses. This constant dosing forces the whole nervous system and brain to work at high pressure. It is something like flogging a weary horse into a jog-trot. He goes faster for a time, but the pace cannot last.

The constant use of stimulants inevitably results in shattered health. You can't abuse Nature's laws for long. She always, sooner or later, exacts her toll of punishment at compound interest. When Nature needs help it should be given in a commonsense way. Why be so foolish, why invite trouble and distress by forcing Nature instead of helping her? You only get unnatural force from a stimulant—from a tonic the help is real and lasting.

If there is weakness or depression, if symptoms of stomach and liver troubles are present, help your digestive organs to do their work thoroughly by taking a good digestive tonic, and it won't be long then before you regain your old-time good-health and strength.

We don't assist lame dogs over stiles by kicking them—we give them a helping hand. Just so! And a digestive tonic like Mother Seigel's Syrup is always helpful for the stomach, the liver, and the bowels. It tones and strengthens these great vital organs of the body, and enables them to extract the nourishment from your food which it is essential that you should have if your blood stream is to carry new life, vigour, and vitality to every part of the body.

Most people need a tonic now and again. Bad weather, worry, overwork, excitement, have a tendency to upset the digestive system. You can recognise the condition by the occasional headaches, by languor, lassitude, weariness, giddiness, a sense of pressure on the chest, or fulness of the stomach after a meal.

Try Mother Seigel's Syrup if you need a tonic. Don't be led astray by any specious claims made for stimulants, or, as we have said, you will be bitterly disappointed. Mother Seigel's Syrup is a genuine tonic for the stomach, liver, and bowels. Tens of thousands have proved this to be so, and there is no reason why you should not do the same. Needless to say, you should get the real Mother Seigel's Syrup, and refuse worthless substitutes and imitations.

MERSEL'S FOOD.

IDEAL FOR INFANTS, INVALIDS, AND THE AGED.

MERSEL'S FOOD is a pure malted food, prepared by a special process, to meet the needs of Infants, Invalids, and the Aged. It is easily digested and very nourishing.

There are *convincing reasons* why MERSEL'S FOOD is the ideal food for infants, invalids, and the aged. Let us state them, briefly. MERSEL'S FOOD is *absolutely pure;* it is rich in protein—the vital essence of all food; and it contains the necessary proportion of natural salts, which are essential to the making of bone and muscle. MERSEL'S FOOD is pleasant to the taste, and it is prepared in a form which renders it *easy of digestion* in the *delicate* stomach of the infant or invalid. Its *cost* brings it *within the reach of all.*

Infants fed on MERSEL'S FOOD do not look like bottle-fed babies. They have firm flesh, strong limbs, and are free from rickets.

For Invalids and the Aged, MERSEL'S FOOD is ideal. It supplies the nourishment they need, without imposing any strain upon the digestive organs.

MERSEL'S FOOD is quite inexpensive. Price 1/- per tin. If your local chemist does not stock it, send 1/- (Postal Order or Stamps) to A. J. White, Ltd., 35, Farringdon Road, London, and we will send you a tin, post free.

MOTHERS AND NURSES PRAISE MERSEL'S FOOD.

Mrs. Dodd, Fulham :—"Mersel's Food is excellent. The flavour is pleasant, and we find the Food makes a nice supper cup. It is easily digested, and far better than heavy food at night."

Nurse ———, Wakefield :—"I have found Mersel's Food of very great value where I thought Infants were not going to live."

Matron ———–, Bradford :—"I have four Babies in my Home, whom I am feeding with Mersel's Food, and they have improved ever since taking it. I shall continue to use your Food."

Nurse ———, Buxton :—"I gave Mersel's Food to one of my patients who had tried many different foods for her Baby, but none of them seemed to agree with it. I have noticed a great improvement since it has been fed on Mersel's Food."

Nurse ———, Brixton :—"I have found Mersel's Food very satisfactory, especially in cases of the aged."

Mother Seigel's Plasters.

MOTHER SEIGEL'S PLASTERS do not burn or irritate the skin, but soothe and heal just as soon as their medicinal properties have been absorbed by the pores, and spread through the system. Mother Seigel's Plasters are made flexible, so that they fit closely when applied, and do not impede the natural action of the skin. These Plasters are better, cheaper, more convenient than liniments and embrocations, which they have replaced in thousands of homes. For aches and pains in the body that need soothing treatment, always use Mother Seigel's Plasters. Then you will experience no burning or irritation of the skin, as is the case when mustard plasters are used.

MOTHER SEIGEL'S PILLS.

A RELIABLE LAXATIVE.

IT is a great mistake to use violent purgatives for cases of obstinate constipation. It means overtaxing the bowels, sometimes to a point from which they never regain the normal, healthy condition. The safe course to adopt is to keep the bowels regular in action by the use of a gentle, harmless laxative such as Mother Seigel's Pills. These Pills are intended to assist, not to replace, Mother Seigel's Syrup, and if taken occasionally will relieve the most obstinate cases of irregularity of the bowels. Mother Seigel's Pills are made from curative herbal extracts. Their action is gentle and stimulating, with none of the distressing pains or griping arising from the use of strong mineral purgatives. There is no danger to the system through sudden, violent relaxation of the bowels—to be inevitably followed by a long period of constipation.

When relief has been obtained by the use of Mother Seigel's Pills, regularity can be maintained with small doses of Mother Seigel's Syrup. The Pills are especially useful if the ordinary diet and habits have been disturbed by excitement, or over-indulgence in eating and drinking. To win back your good health you must see to it that the bowels are regular in action. This desirable end can always be attained by the use of Mother Seigel's Pills, followed by small doses of Mother Seigel's Syrup.

RECOMMENDS PILLS AND SYRUP.

Mrs. L. Jennings, 4, Gordon Cottages, West St. Lane, Carshalton, Surrey, writes on November 18th, 1912:—"Five years ago I became weak generally, could not digest my food, and was troubled with shortness of breath and constipation. After suffering for many months in this way, I was induced by something I read about a case similar to my own to try Mother Seigel's Syrup and Pills. These medicines gave me great relief, and I have continued to take them from time to time. I don't think I could get along at all without Mother Seigel's Syrup, so feeble is my digestion. I shall certainly recommend Mother Seigel's Syrup and Pills whenever I have an opportunity to do so."

Mother Seigel's Ointment.

EVEN in the best regulated household you are bound to have accidents. Children will get cuts, slight wounds, and abrasions, and adults cannot escape annoying little bruises, burns, scalds, chapped hands, cold sores, and other minor injuries. We are all subject to one or more of these happenings sooner or later. For all such Mother Seigel's Ointment is a most excellent, handy remedy. It has a soothing as well as a healing effect, and when laid on a bruise, scratch, sore, or other wound, it prevents the humours and pains of inflammation. It is just the thing to keep handy in the family cupboard.

KNO-SKA (NO SCAR).

FOR SKIN DISORDERS—PILES—ECZEMA.

KNO-SKA (pronounced "No Scar") since it was first introduced to the public some years ago has become immensely popular.

It is a splendid antiseptic and emollient ointment for the treatment of skin disorders, piles, and eczema.

The great merit of Kno-Ska is that it heals skin surfaces quickly, and as the name implies it leaves No Scar. It may safely be applied to the face, arms, legs or other parts of the body affected by Eczema.

Use Kno-Ska for Piles, but first bathe the affected parts with warm water. If there is a little smarting after the application of the ointment it will soon pass away. Kno-Ska speedily removes the milder forms of Piles, and even in obstinate cases, if the treatment is continued, its beneficial effect will be experienced.

For destroying poisons in wounds and sores Kno-Ska is wonderfully efficacious. It soon softens and heals all irritated skin surfaces. Get a tube from your chemist or storekeeper. If he has not got it in stock, send us 1/1½ in postage stamps and we will forward a tube, post free.

IN PRAISE OF KNO-SKA.

"For over 30 years I was a great sufferer from Eczema and for the last 10 years I had been much worse. A course of Kno-Ska cured me completely."—Mrs. E. B., Brighton.

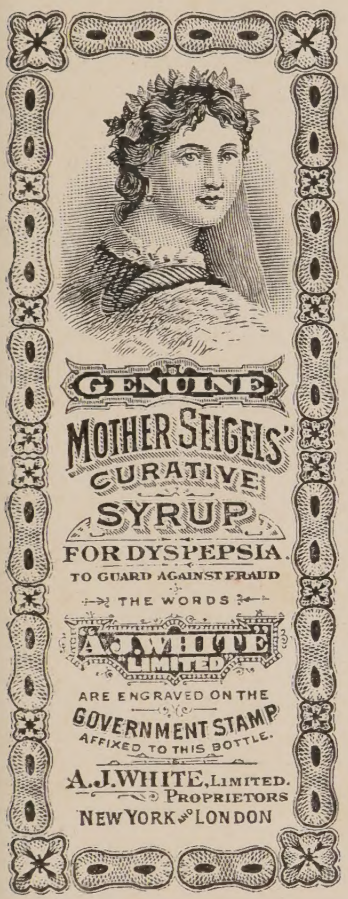
"I thank you very much for the tube of Kno-Ska. It has done good in a case of Piles, and I am very well pleased with it."—J.E.S., New Church, near Manchester.

"For a week or two I was troubled with a nasty patch of Eczema, on my leg. Three applications, only, of your Kno-Ska ointment cured me and the skin is now soft and clear."—K. M. B., Croydon.

Mother Seigel's Malt Cough Balsam.

WHEN you have a cough, with irritation in the throat and a wheezing, difficult breathing, your proper course, and probably your desire, is to cure it at once. Mother Seigel's Malt Cough Balsam will relieve quickly and surely. It soothes the irritated glands of the mouth and throat, and puts an end to the cough, and the difficulty of breathing. The Balsam has no injurious effect on the stomach and bowels, as have so many ordinary cough mixtures. That, together with its complete success as a cough remedy, is why Mother Seigel's Malt Cough Balsam has been popular for a quarter of a century.

Directions for taking Mother Seigel's Curative Syrup.



DOSE.—Fifteen to Thirty Drops, two or three times a day, in a wineglassful of water, directly after eating.

NOTE.—Mother Seigel's Curative Syrup is put up in a very highly-concentrated form, therefore the dose must be given in drops—one teaspoonful contains 60 drops. The dose is easily regulated, as one-quarter of a teaspoonful is 15 drops.

Commence by taking ten or fifteen drops three times a day, directly after eating, in a little cold sweetened water. If this does not give relief, increase the dose to thirty drops, always to be taken directly after eating, so that Mother Seigel's Curative Syrup may become mixed with the food while being digested. It is best not to take Mother Seigel's Curative Syrup on an empty stomach. It is essential that the bowels be made to move freely every day, and if the above doses of Syrup be not sufficient to effect this, take one to four of Mother Seigel's Operating Pills at bedtime. It is better to take the Pills than to increase the dose of Mother Seigel's Curative Syrup.

PRICES.

MOTHER SEIGEL'S SYRUP	1/1½ & 2/6 per bottle.
The 2/6 bottle contains 3 times as much as the 1/1½ size.	
MOTHER SEIGEL'S SYRUP TABLETS	2/9 per bottle.
„ PILLS	1/1½ per box.
„ PLASTERS	1/1½ each.
„ MALT COUGH BALSAM	1/1½ & 2/6 per bottle.
„ OINTMENT	1/1½ per box.
MERSEL'S FOOD FOR INFANTS AND INVALIDS ...	1/- per tin.
KNO-SKA for Eczema and Piles	1/1½ & 2/9 per tube.

Sold by all Chemists and Patent Medicine Vendors. In case you cannot obtain the Remedies, we will forward them direct and post free on receipt of P.O.O. or stamps.

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